

RICE CRISPS

FORTIFIED READY TO EAT CEREAL

for use in the USDA Household
Commodity Food Distribution Programs

06/26/01

Product Description

Rice Crisps is a toasted rice, ready-to-eat cereal with no added sweeteners.

Pack/Yield

A 13.5-ounce box of cereal provides 11 1¼-cup servings. Since box sizes may vary, check the label for exact yield.

Storage

- Store unopened boxes of cereal in a cool, dry place off the floor until ready to use.
- For **best quality**, use unopened boxes of cereal within 6 months.
- After opening, keep inside bag tightly closed to preserve freshness. Use within 4 to 6 weeks.

Uses and Tips

- Top rice crisps with cold milk and fresh fruit for a nutritious breakfast.
- Mix 3 cups of rice crisps with melted mini-marshmallows for a sweet and crispy treat. (Melt 2 cups of mini-marshmallows over low heat in a medium sauce pan with 1 tablespoon butter.) Immediately spread mixture into an 8"x 8" buttered pan. Cool, cut, and enjoy!
- Rice crisps can be substituted in recipes calling for any variety of dry ready-to-eat cereals.

(See recipes on reverse side)



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Nutrition Information

- ***Rice Crisps Cereal*** is low in fat. Because it is fortified, it is a good source of iron, vitamin A, and vitamin C.
- 1 ounce (1¼ cups) of rice crisps cereal provides 1 serving from the **BREAD, CEREAL, RICE, and PASTA GROUP** of the Food Guide Pyramid.

Nutrition Facts

Serving size 1¼ cup (33g) rice crisps cereal

Amount Per Serving

Calories	120	Fat Cal	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	315mg		13%
Total Carbohydrate	29g		9%
Dietary Fiber	0g		0%
Sugars	3g		
Protein	2g		
Vitamin A	15%	Vitamin C	25%
Calcium	0%	Iron	35%

*Percent Daily Values are based on a 2,000 calorie diet

Crispy Rice Cereal Ball Candies

1 cup peanut butter
1 cup powdered sugar
1 cup rice crisps
3 tablespoons melted butter
1 cup semisweet chocolate chips
1 tablespoon shortening

1. Mix the peanut butter, powdered sugar, rice crisps, and melted butter.
2. Roll into 12 balls and place on waxed paper until all mixture is used.
3. Melt chocolate chips and shortening together.
4. Dip balls into chocolate mixture and once more set onto wax paper to harden.

Recipe provided by allrecipes.com

Makes 12 pieces

Nutrition Information for each serving of Crispy Rice Cereal Ball Candies:

Calories	266	Cholesterol	8 mg	Sugar	17 g	Calcium	10 mg
Calories from fat	166	Sodium	130 mg	Protein	6 g	Iron	.8 mg
Total Fat	18.5 g	Total Carbohydrate	23 g	Vitamin A	28 RE		
Saturated Fat	6.3 g	Dietary Fiber	1 g	Vitamin C	0 mg		

Broccoli-Corn Bake

3 tablespoons margarine
2 cups rice crisps
2 tablespoons flour
 $\frac{3}{4}$ cup skim milk
1 cup shredded Cheddar cheese
1 can whole kernel corn, drained
1 package (10 ounce) frozen broccoli cuts, thawed, drained

1. In 2-quart saucepan, melt margarine.
2. Combine rice crisps and 1 tablespoon of the melted margarine. Set aside for topping.
3. To remaining margarine in pan, stir in flour.
4. Add milk, stirring until smooth. Cook over medium heat, stirring constantly, until mixture boils. Continue cooking and stirring 1 minute longer.
5. Add cheese, stirring until melted. Remove from heat.
6. Stir in corn.
7. Place broccoli in bottom of 10" x 6" x 2" ($1\frac{1}{2}$ quart) baking dish. Pour sauce evenly over broccoli. Sprinkle with cereal topping.
8. Bake at 350°F about 25 minutes or until thoroughly heated and cereal has browned.

Recipe provided by Kellogg's

Makes 6 $\frac{1}{2}$ -cup servings

Nutrition Information for each serving of Broccoli-Corn Bake:

Calories	195	Cholesterol	1 mg	Sugar	4 g	Calcium	235 mg
Calories from fat	59	Sodium	406 mg	Protein	10 g	Iron	1.1 mg
Total Fat	6.6 g	Total Carbohydrate	2 g	Vitamin A	395 RE		
Saturated Fat	1.4 g	Dietary Fiber	2 g	Vitamin C	28 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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